

King County's Lighten Your Load Garbage Challenge Weigh-in Scorecard

Please tell us how you lost your garbage weight. For example:

I put my office paper in the bin and signed up for yard waste collection.

Now I can recycle my food scraps and food-soiled paper too.

If you don't have a scale you can estimate your garbage weight loss by counting your full garbage bags each week. Have you lost enough garbage weight that you can get a smaller curbside garbage can?

Name: _____

Address: _____ City: _____ Zip: _____

WEEK	MY WEIGHT WITH GARBAGE	MY WEIGHT WITH NO GARBAGE	MY GARBAGE WEIGHT	NOTES
Week 1				
Week 2				
Week 3				
Week 4				
TOTAL WEIGHT LOSS ➡				



Recycle More. It's Easy To Do.

www.kingcounty.gov/RecycleMore



King County

Department of
Natural Resources and Parks
Solid Waste Division